



# Heritage Center

## May/June 2014



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center  
#10 E. 6150 S.  
Murray UT 84107  
**801-264-2635**  
heritage@murray.utah.gov  
www.murray.utah.gov

### Services Offered

Arts & Crafts



Cultural Programs



Education



Exercise



Health Services



Information &  
Referral



Lunch Program



Recreation



Socialization



Transportation



Travel



Volunteer  
Opportunities



## National Senior Health & Fitness Day — Wednesday, May 28

Celebrate National Health & Fitness Day at the Heritage Center on **Wednesday, May 28** with a free morning of activities including: lunch sponsored by Select Health (\$1, reservations needed), a fitness walk, vendors and exercise demonstrations. Join us on May 28 and make *your* move toward better health!

### Schedule of Events

**9:00-10:00 – 1 or 2 mile walk.** Mayor Eyre will kick off the morning with a walk. You choose how long and how far you would like to walk (1 or 2 miles) and then enjoy a Continental Breakfast back at the Center. Just come with your walking shoes, no registration is required. Everyone is welcome! Thank you Costco for breakfast snacks.

**10:00- 11:30 – Screenings & Vendors.** Some of the screenings include: Hearing, Skin Cancer, Medication Check Up (bring medication list), Tosh Osteoarthritis Program, Nutrition, Huntsman Cancer Center, American Diabetes, SHIP Program & Reiki.

The Master's Program Senior Services from Valley Mental Health will offer screenings, education, and information about mental health including mood & memory screenings. The Geriatric Depression scale rates feelings of sadness, hopelessness, low energy, appetite or sleeping problems. The Montreal Cognitive Assessment screens for attention, orientation, memory and problem solving skills.

A special thanks to vendors providing information and/or screenings: Dr. Roland Abundo, TOSH Orthopedics, Dr. Rolfe Horsley, IHC Laboratory, Costco, Community Nursing Services, Nutrition, Cottonwood Creek, Valeo Home Health, SHIP Program Salt Lake City and Valley Mental Health.

**11:30 Guest Speaker** – Dr. Megan D. Skibitsky, MD, doctor of geriatric medicine, will speak on Incorporating Exercise at Every Age and Fitness Level.

**12:00 Lunch - Thank you to Select Health** for providing the lunch. We will have a boxed lunch with Turkey/Provolone sandwich, baked chips, fresh fruit cup, and a mini cookie. Advanced registration is needed for lunch, sign up now. Cost of lunch is \$1.

### **Blood Testing**

Blood testing will run **from 9:00 – 11:00** and this is the only health service where appointments are needed. The cost is \$35 for a comprehensive Metabolic Panel, Lipid Profile, & Complete Blood Count, \$15 additional for a Prostate, or Thyroid test. **Fast-ing is required.** Diabetics get preference for early appointments. Appointments are made starting Wednesday, May 7. Make payment to IHC the day of testing.

## Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 sgregory@murray.utah.gov

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center. Personal notices for participants are charged the rate of 50¢ per line per issue.

## Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at [www.murray.utah.gov](http://www.murray.utah.gov) or mailed to your home with an \$18 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$.75 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

## Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

## Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

### Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Mary Hall

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Asst. — Charlotte Johnson

Dishwasher — Eric Fredrickson

Custodian — Don Smith

Vehicle Driver — Robert Himes & Lee Crosby

Building Attendant — Pete Wright

### Heritage Advisory Board

Judy Baxendale, Brenda Clausen, Charlotte Cox, Kathy Houston, Jenny Martin, Erich Mille, Greg Waldron, Pete Wright, Rod Young

## Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

## Fit to a T

The Center is pleased to announce that Fit to a T will be offered on **Tuesday, May 13 at 10:30.**

Fit to a T is a public educational program on bone health and osteoporosis. Relevant to both men and women, seniors and others. The goal is teaching people the necessary steps to prevent or slow down bone disease before they break a bone. In addition, this program teaches people about making lifestyle changes if they have had a broken bone and helps decrease their risk of another fracture. This is a free class, sign up now.

## Alzheimer's Information

The Alzheimer Association will be at the Center on **Friday, May 16 at 10:30.** The Alzheimer's Association mission is to eliminate Alzheimer's Disease. Come and learn what they do and how they can help at this free class. Sign up now.

## AARP Smart Driving

The AARP Smart Driver Course will be held **May 19 or June 23** from 9:30—2:00. Sign up at the front desk. The cost of this class is \$15 for AARP members and \$20 for everyone else. The instructor will collect the fees at the start of the class. You make your check out to AARP.

Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class.

## Chakra Meditation Class

Chakra/ Mediation class will continue on **Mondays at 10:30** thru **May 19** and then they will take a break until July 28. Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master is the instructor. Stop in and give it a try. The cost is \$3 per class or included with the Total Fitness Pass.

## Painting Class

A new six-week session of the painting class starts **Wednesday, May 21** and will **run through July 9** (No class on May 28 and July 2). The cost is \$30 and payment is needed in advance. Teri Wood-Elegante is the instructor and will assist with both watercolor or oils. Sign up now.

## Self Defense

On **Friday, May 23 at 10:30** the Center will present a Self Defense class. Stacey DeMille Warde is a self-defense advocate, an author and a highly regarded speaker on violence prevention. She will teach you how to avoid or respond to verbal, physical or sexual assault.

As a result of her training and research, she has developed a passionate message that is of great value to women, teaching them how to make self-defense a way of life. Stacey aims to take the confusion out of self-defense and teaches that by creating safety habits and tapping into the 'power within' everyone has the ability to sense and avoid danger, and effectively resist an assault if necessary. This is a free class sign up now.

## Advance Directive

On **Thursday, May 22 at 10:30**, a representative from Elder Law Section of the Utah State Bar, will present an Advance Directive class. If you do not already have an Advance Directive in place, this is the class for you. The Utah Advance Directive is a multiple use form combining the former "living will" form with a health care power of attorney. It is a tool for a person to appoint a health care agent to make decisions if the person who has become mentally incapacitated. This form has many advantages, including the ability to do away with the need for expensive and burdensome court proceedings for guardianship.

A volunteer lawyer will review this form. A blank form will be provided free of charge. Participants can fill out their own Advance Directive during this class. The volunteer attorney will give general instructions for filling out the form, but unable to give specific help to individuals. This is a free class sign up now.

## Vital Aging Program

Tifani Holloway will be at the Center on **Tuesday, May 27 at 10:30** to discuss **Improving Your Memory.** As we get older we become more aware of our memory, and when we become "forgetful." This class provides an opportunity to learn about what is "normal" forgetfulness and what may be signs of dementia related illness. Free class, sign up now.

Tifani, who is a licensed Clinical Social Worker, will be at the Center at 10:00 just before class to provide brief one-on-one 15-minute sessions to discuss personal mental health concerns.

## Free Dance Lessons

If you are interested in learning to dance this is the class for you. In order for the class to take place we need to have 10 people registered in advance. Couples and singles are welcome, singles will be paired up. Classes are for the beginning level dancer – no prior experience required. Imagine yourself dancing the Waltz, Foxtrot or Rumba.

This class will start on **Monday, June 2 at 1:00 –2:00 and will run every Monday thru June 30.** The first two weeks will focus on the Waltz, followed by two weeks of the Foxtrot, and finish with one week of Rumba instruction.

Dance classes will be taught by Kyle and Jackie Kidd from Bountiful, Utah. They began dancing in 1995 and over the past few years have taught dancing at Senior Centers throughout the valley. Kyle and Jackie are greatly rewarded by helping others to become more confident and have more fun through dance.



The Longest Day, sponsored by the Alzheimer's Association, is a fund-raising event held on **Saturday, June 21.** On the Longest Day, teams around the world come together to honor the strength, passion and endurance of those facing Alzheimer's with a day of activity. Call the Alzheimer's Association at 801-265-1944 for complete information on how you can participate.

## The Right Time to Write Your Memoir

The Center is pleased to announce that on **Tuesday, June 10 at 10:30** Robert Canaan, an author of three memoirs, will present a writing class especially designed for seniors. *The Right Time to Write* is a fun and informative, 30 minute presentation. There's no better time to write a memoir than in life's senior years, and no better activity to keep your mind active and your spirits high. The fast paced discussion will be organized into four sections. **The Definition:** in which memoir, biography, autobiography and life story telling are defined and explained. **The Purpose:** in which we discuss why we write memoirs, for whom and the impact this has on how and what we write. **The Approach:** in which we discuss writing the memoir in both practical and creative terms. **The Product:** in which we discuss what the story is, possible themes for stories and how these are incorporated into the personal memoir. Sign up now for this free class.

## Be Funeral Smart

On **Friday, June 13 at 10:30**, Joel Carvel, from Local Funeral INFO, will discuss a different prospective regarding end of life planning. This seminar is aimed at helping individuals avoid some of the pit falls of spending more than is needed. Getting prepared now may help avoid costly errors in your time of loss and grief. Joel will cover options you may not be aware of, such as: how to make wise choices and ask the funeral director critical questions about services offered. This is a free class, sign up now.

## Staying Sharp

On **Tuesday, June 17 at 10:30** Carol Jenson from AARP will teach a class called Staying Sharp. She will show a DVD and talk about memory and aging issues. Explore the changes in the brain's behavior as we age and learn ways to keep your brain fit. Staying Sharp is geared to an audience seeking to learn the "normal" memory issues that arise with age, as well as, signs of dementia. This presentation explores the need for cognitive, physical, and social activities to maintain brain health and a satisfying quality of life. This is a free class sign up now.

## Vital Aging Program

On **Tuesday, June 24 at 10:30**, Tifani Holloway from the Vital Aging Program will discuss **Mindfulness and Relaxation Techniques.** Mindfulness is paying attention in a non-judgmental way to the present moments we often ignore. You will learn how to practice mindfulness as a way to reduce stress and promote wellness. This is a free class, sign up now.

Tifani, who is a license Clinical Social Worker, will be at the Center at 10:00 just before these 10:30 classes. She will be available to provide brief, one-on-one 15-minute sessions to discuss personal mental health concerns. Sign up at the front desk.



## Computers

The computer lab has 6 personal computers running Microsoft Windows 7 and one with Windows 8. The lab has one scanner, internet access and wireless access in the building. Check at the front desk for the password. Computers are available any time a group class is not being held. There is no charge to use the computers but printing is 5¢ per page and user must sign-in and list the computer they are using.



Group and private classes are available. Group classes are scheduled based on interest, sign the interest sheet at the front desk. Private classes cost \$3 for a one hour class and are available on Mondays or Thursdays. Bring computer questions or gadget questions (phone, camera, iPad) or concerns to the private lesson. Advance signup and payment needed. No refund for missed classes. A one day cancellation notice is needed for a refund.



## Passport to Better Health

Join the fun, pick up your Senior Passport and start a journey to better health and fitness. The passports will be available the end of May and will provide opportunities to become involved, educated, and active by participating in events in Murray City. The passport is used to track your individual participation in four subject areas: Nutrition, Health Awareness, Physical Activity, and Mental Fitness. You will earn a stamp for each FIT program you complete. When the first passport is completed with 24 stamps, earning bronze medal status, you can move on to completing your second silver medal passport, and finish up with gold if you'd like. The program will end on September 8 at the Heritage Open House where drawings will be held and prizes awarded to lucky passport participants. Further information is available at the front desk. The Center is challenging everyone to complete at least ONE passport. Take the challenge!



**CENTER COURT**

**DISCOVER ~ CELEBRATE ~  
PURSUE YOUR DREAMS...**

### Brand New Apartment Homes For Seniors 55+

**4916 S. Center Street, Murray, Utah 84107**

**801.819.5333**

E-mail: [centercourt@amcllc.net](mailto:centercourt@amcllc.net)

<http://www.centercourt-apts.com>

#### Apartment Features

- ♦ All Appliances Including Built-in Microwaves & Washer & Dryers in every unit.
- ♦ High Efficiency Central Air & Heat
- ♦ Spacious Floor Plans
- ♦ Phone/Internet/Cable Ready
- ♦ Walk-in Closets

#### Community Features

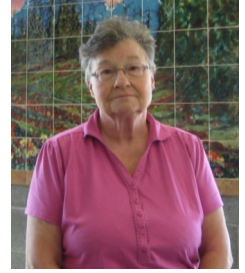
- ♦ Non-Smoking Community
- ♦ Planned Daily Activities
- ♦ Small Pets Welcome
- ♦ Community Room
- ♦ Fitness Center
- ♦ Elevator
- ♦ Underground Parking
- ♦ Wheelchair Accessible

**Everything you are looking for is available on site or nearby!**



## Volunteer of the Month—Barbara Leonhardt

The Heritage Center is fortunate to know a woman like Barbara Leonhardt and equally blessed to have her as one of our volunteers. Barbara has always experienced her life on her terms. She was reading the Murray Journal one afternoon and saw a listing for an Art Class, something that she had always been interested in. She gave the Center a call nearly 5 years ago and has been participating in the Center's Art Classes ever since.



For the past four years, Barbara has created the most beautiful and unique favors for our Mother's Day High Tea. This year she hand painted 150 bookmarks using watercolors, color pencils and markers. Each bookmark is an individually painted and embellished sunflower in a pot. They will be a special remembrance for everyone to take home from their Mother's Day High Tea 2014.

Barbara was born into a German family. Her dad came directly from Germany and her mom was first generation American-German. Barbara was blessed with three other siblings, two older brothers and one younger sister. She was born to Helen and Erich Leonhardt on May 11, 1945. She grew up in Salt Lake City, playing on the streets just below the Villa Theatre. In those days, kids could play on their bikes, roller skate, and just be kids with little supervision. She graduated from Granite High School in 1963.

After graduating from high school, Barbara experienced a myriad of jobs during her life. One of her fondest memories was working at the Sweet Candy Company in Salt Lake. This job was filled with fun, chocolate experiences, conveyor belts and chocolate fights. She spent 34 years working for Cummings Intermountain Company. This stable job enabled her to travel to Amman, Jordan where she and her brother (her brother was working in Saudi Arabia at the time) drove a Volkswagen bus all over Europe for three months. This was a trip of her lifetime!

After retiring, she and her sister built a home in Murray. They built a perfect home for herself, her sister and her brother-in-law. They designed the house to hold all of their art work, stamping collection, card making and sewing supplies.

Barbara has been participating in the Art Classes at the Center for the last 5 years. She enjoys watercolors, which make her feel relaxed. She loves creating something new with every new piece of artwork. You can usually see a piece of Barbara's talented art displayed in the dining room. She is loved by 11 nieces and nephews, and 23 great nieces and nephews.

Barbara will be honored at the Center on **Wednesday, June 11 at 12:30**. Thank you Barbara for all your help making our Mother Day Tea such a special event.

Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**. IF, you link your rewards card to the Heritage Center.

To enroll in the Community Rewards Program, go to **smithsfoodanddrug.com** and register your card with the Heritage Center. You need a rewards card and email address to make this happen and Glen can help on Fridays in the computer lab.



## Center to receive \$500

Thanks to Leda Wright, the Heritage Center will receive \$500 from Home Instead Senior Care.

Leda won the Salute to Senior Service Contest award for the state of Utah for her volunteer work at the Heritage Center. Home Instead Senior Care will present \$500 to the Heritage Center on **Tuesday, May 13 at 11:30** at a short reception in the backyard in Leda's honor. Come and join us as when we accept this wonderful gift and give special thanks to Leda. One winner was selected from each state. You can view the state winners at [www.salutetoseniorservice.com](http://www.salutetoseniorservice.com)



## Massage Therapy

Massage Therapy continues on **Fri-days** from **11:45-3:45**. Appointments are required and can be made up to four weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations

must be made 24 hours in advance for a refund. Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you.

## Barber Shop is Open



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Jocelyn Anderson who started last month with rave reviews.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

## Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Tuesday, May 13** or **June 10** from **11:00-1:00**. Appointments are needed and are made at the front desk. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

## Blood Pressure

Blood pressure and glucose screening is offered on the following days: Wednesday, May 21 from 11:00-12:00, Thursday, June 5 from 11:00-12:00, and Friday, June 20 from 11:00-12:00.

Thank you to Harmony Home Health and Salt Lake Community College nursing students for providing the service each month.

## Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, June 19 from 9:30 – 12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on blood thinners.*

## Medicare Counseling Available Once a Month

Starting on **Tuesday June 17 at 12:00** Medicare counseling will be available at the Center. Vicki Nelson has been a volunteer for Salt Lake County Aging and Adult Services for 15 years. Much of her time volunteering has been as a Senior Health Insurance Information Program (SHIP) counselor. A SHIP counselor job is to help clear up the confusion about where to apply for Medicare, understanding your Medicare choices and what to do if you have other insurance. She is also willing to help guide you thru the enrollment process if you are new to Medicare or during open enrollment at the end of each year.

There are programs available, if you meet financial criteria, to help with the cost of your prescription drugs. Vicki or your local SHIP office can help you apply for these programs.

Healthcare Fraud is on the rise and we all need to be aware of what we can do to put a stop to this crime. Vicki is also willing to help you understand your benefit explanation notices from Medicare to ensure the service you and Medicare have been billed for is one you have received, and to figure out if you still owe anything or if all has been taken care of.

Vicki will be available once a month at the Center. Check the newsletter for the time and dates that she will be at the Center each month. If you need immediate assistance, your local Medicare counselors are a phone call away at 385-468-3200.





2014

# Heritage Center Events

Heritage  
Center

#10 E. 6150 S.  
(West of State)  
801-264-2635

[www.murray.utah.gov](http://www.murray.utah.gov)

[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)

We are here to  
serve you

Monday-Friday

8:00-4:30 and

Thursday until  
10:00 PM

Monday	Tuesday
<p>Take the Passport Challenge — passports available the end of May</p>	
<div>5</div> <p>8:00 Glenmoor Golf 9:00 NIA 9:00 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning</p>	<div>6</div> <p>8:30 Ceramics 9:00 Stretch / Haircuts 9:30 <b>No Line Dancing</b> 10:30 Tai Chi 11:00 Canasta 11:30 Mother's Day High Tea 12:45 Crafts 2:00 <b>No Beginning Line Dancing</b></p>
<div>12</div> <p>9:00 NIA 9:00 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning</p>	<div>13</div> <p>8:30 Ceramics 9:00 Stretch / Haircuts 9:00 Kingsbury Hall 9:30 Line Dancing 10:30 Tai Chi 10:30 Fit to a T 11:00 Canasta / Attorney Consultations 11:30-12:30 Lunch 12:45 Crafts 2:00 Beginning Line Dancing</p>
<div>19</div> <p>8:00 Murray Parkway Golf 9:00 NIA / Computer Help 9:00 AARP Smart Driving 10:30 Meditation 10:30 Pen Pal Party 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning</p>	<div>20</div> <p>8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 Salute to Senior Service Award 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing</p>
<div>26</div> <p><b>Center Closed</b></p> <p>Memorial DAY</p>	<div>27</div> <p>8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:00 Murray Cemetery History Tour 10:30 Tai Chi 10:30 Vital Aging Program 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts</p>



Wednesday	Thursday	Friday
	8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:00 <b>No Blood Pressure/Glucose</b> 11:30-12:30 Lunch / 12:30 Game Day 12:45 Happy Hats 1:00 Square Dance /Computer Help 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone 10:00 HAFB Museum Trip 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day 1:00 Square Dance / Computer Help 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance / Ute RC	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:30-12:30 Lunch / 12:30 Game Day 12:45 Happy Hats 1:00 Square Dance /Computer Help 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 10:30 Alzheimer's Information 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:00 Blood Pressure/Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 10:30 Advance Directive 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 1:00 Square Dance /Computer Help 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 10:30 Self Defense Class 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Fitness Day Walk 9:00 <b>No Painting/No Pinochle</b> 9:00 Blood Testing 10:00 Health & Fitness Fair 10:00 Yoga 11:15 <b>No Chair A'Robics</b> 11:30 Guest Speaker 12:00 Box Lunch—Thank you Select Health 12:45 Bingo / 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 1:00 Square Dance /Computer Help 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge

## Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

## Cards

### Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



### Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

### Canasta—Tuesday 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

## Game Day

Make new friends and learn a new game every **Thursday at 12:30** in the card room. Volunteers will bring their favorite games, like dominos, Mexican Train and Rummikub and teach you how to play.

## Birthday Wednesday — May 7 & June 4



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

## Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special Thank You to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month.

In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

## Family Concert

Invite family and friends to the **FREE** backyard concert on **Monday, June 9** when the Red Desert Ramblers perform at 7:00 PM. The Ramblers play Bluegrass, Classic Country and Swing music blending harmonies with smoking instrumental breaks. They are a regional band with national recognition. Don't miss it!

## Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

## Square Dancing

Kick up your heels with Square Dance caller Don Carlton on **Thursday** afternoons from **1:00-3:00**. The cost is \$1.50 per day and is paid when you arrive.

## Happy Hatters

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday at 12:45** to play Hand & Foot. Upcoming meetings are May 1 & 15, June 5 & 19. Kathleen Sorenson is the Queen Bee.



## Golf Season in Full Swing!



Golf tournaments are for those 55+ who have attained a basic level of golf skill allowing them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. The data below reflects the date of play, shotgun start time, course to be played. All tournament fees must be paid at least 10 days in advance.

5/5 - 8:00 Glenmoor \$39  
 5/19 - 8:00 Murray Parkway \$40  
 6/9 - 7:30 Valley View (scramble) \$43  
 6/23 - 8:00 Wasatch \$43

## Pen Pal Party

The Pen Pals will have our End of School Party with our student Pen Pals on **Monday, May 19 at 10:30**. Come celebrate the school year with your Pen Pal and enjoy Bingo and Banana Splits in the Dining Room.

## Pickleball

**Pickleball** is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game.

Drop in play is every **Tuesday and Thursday, from 8 - 11:00 and Sunday from 9-11:00 at the Park Center in Murray Park**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25. All equipment is provided. Use your Silver Sneakers membership to try out the program for the first time.

**PICKLEBALL**



Part tennis and part

## Outdoor Pickleball Courts Available

The outdoor SelectHealth Pickleball Courts are set up on the east side parking lot area of the Park Center in Murray Park. Celebrate with SelectHealth Pickleball in the Park on **Saturday, June 7 from 9:00-1:00**. Learn how to play from the experts.

For a schedule of open play, leagues and other activities, call Parks & Recreation at 801-264-2614.

## Fundraising event—Yard Sale & Car Show—Sat. June 21

The annual Heritage Center fundraising Yard Sale just got bigger and better with the addition of a Car Show. The Yard Sale will run from 8:00-1:00 in the backyard as usual. Enjoy a pancake breakfast, entertainment, and shop the bargains. Then wander through our second annual Car Show from 9:00-1:00 by the ball diamonds (Grant Park). Enjoy entertainment, a hot dog lunch, prize drawings and vote your favorite car for the People's Choice award.

Donations for the Yard Sale will be accepted after May 26. Clean and working items are requested. NO tube TV's, VCR players, or old computer monitors please and only coats, jackets, and new clothes you've never worn. Car show applications are at the front desk and the cost is \$5 per car.

Thank you RC Willey for the hot dogs and water and Frito-Lay for the chips. All proceeds from the event will go to programs and services offered at the Heritage Center. Invite family & friends and spend a little time on Saturday June 21 at the Center.



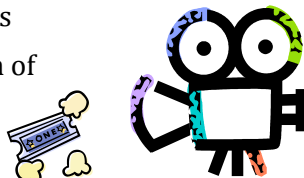
## Monday Movies — Showtime is 1:00 — movie and popcorn are free

**May 5** – The Secret Life of Walter Mitty – 114 min.

**May 12** – Catching Fire – 146 minutes

**May 19** – The Hobbit: The Desolation of Smug – 161 minutes

**May 26** – CENTER CLOSED



**June 2** – Captain Phillips – 134 minutes

**June 9** – Blue Jasmine – 98 minutes

**June 16** – Philomena – 98 minutes

**June 23** – The Book Thief – 131 minutes

**June 30** – Saving Mr. Banks – 125 minutes

## Ladies Pool



On **Mondays at 12:30** a small group of women meet in the pool room to play pool. They would like to extend an invitation to any women that would like to join the pool group, maybe you played in the past, would like to refresh your skills, or just come and meet some new people.

## Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

## Interested in helping build Grow Boxes?

The Center has a small area for planting in the backyard. One year we had a few people plant some herbs and vegetables and we shared the harvest with the kitchen. No one is using the area anymore and we thought we'd see if there was interest in grow boxes that were built off the ground. If you are interested in helping build the boxes or planting and caring for a small garden, sign up at the front desk and a planning meeting will be held.

## Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons as 12:45** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

## Newsletters



Newsletters are available at the front desk (75¢ donation), online at [www.murray.utah.gov](http://www.murray.utah.gov), emailed to those who have a participant card and have provided an email address, or a yearly subscription for \$18 can be purchased and the newsletter will be mailed to your home.

## Wii Available

We have a large screen television set up with a Wii Sports Package which offers games like bowling, tennis, or golf. Wii is a great way of staying in shape while playing a fun game on the TV. Please check at the front desk if you are interested in using our Wii.



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds. Thank you Chuck-A-Rama and those who purchase the cards!

## Outdoor Brunch Café — Mondays 10:00 to 12:00

Starting **Monday, June 16**, the Center will offer a "Brunch" every Monday on the patio from **10:00 - 12:00**. Come alone or bring your friends and enjoy brunch "Café Style". The patio is a beautiful place to enjoy our visiting quail, flowers and morning breeze. Things are blooming on the patio and the ambience is magical.

You will be able to choose a complete meal or pick a la carte from the menu. Choose eggs any style, omelets, pancakes, waffles, toast, various meat items, hash browns, or the Chef's specials. Beverages are complimentary with your order.

You will meet the cashier out on the patio to fill out your order form and pay. Then take a seat and a volunteer server will pick up your completed and paid order and take it to the kitchen. Calli and her team will get it ready and your server will bring it out to you at your table.

So stop by the patio and put in your order after your Monday, NIA class at 10:00, or follow your Mediation session with a light brunch, maybe it's a great time to read the paper and catch up on the news before Bridge, enjoy brunch for lunch before the movie, or how about just enjoying a meal with friends? If you would like to volunteer see Moe.



## Exercise every day...

### NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

### STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

### STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

### TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

### LINE DANCING—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

### CHAIR A-ROBICS—Free

Wednesday & Friday 11:15-11:45

### YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

### ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

### EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

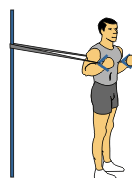
**Total Fitness Pass**—\$30 per month—unlimited classes & use of the exercise room.

**The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.**

## U of U Exercise & Sports Volunteer Students

U of U Exercise & Sports Students will be at the Center every **Tuesday & Thursday from 12:30-2:00** starting **May 20**. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness. The students also of-

fer one-on-one-help, sign up for that service in the exercise room.



Recently the Center added an additional exercise to the exercise room with a wall mount for resistance band exercises. The Center would like to invite everyone to take advantage of this new equipment. The U of U students will be

available on Tuesday and Thursday to demonstrate how to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

## Exercise Incentives & New Passport Program

**Total Fitness Pass**—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Center plus the exercise room for an entire month.

**100% Attendance Rebate**—a \$5 rebate is given to anyone who attends 100% of the time each month for classes that are held twice a week. Make sure you check in at the front desk so your attendance can be recorded for

the 100% rebate incentive. One rebate per person per month is allowed.

**Passport to Health Program** — Pick up a passport (available the end of May) and complete 24 activities for a chance to win prizes. See the article on page 5 for more information.

Good luck with your exercise goals!

### American Red Cross Blood Services Needs Volunteer Drivers

The Red Cross is looking for some great, committed people who like to drive and who would pick up blood from donation sites and return it to Salt Lake. Destinations include Orem and Layton. A Red Cross vehicle would be provided. Drivers must have a valid Utah driver's license and be able to lift up to 45 pounds. For more information, please contact Vickie Morgan at 801-892-4011 or you can visit [www.redcrossblood.org](http://www.redcrossblood.org).

## Center Trips



...Travel with friends

### Thursday, May 8 - 10:00 Hill Aerospace Museum

Check with the front desk for possible spots remaining on the 2nd Hill Aerospace Museum trip scheduled for **Thursday, May 8 at 10:00**. The trip stops at the Hill Aerospace Museum then lunch at the Cracker Barrel in Layton where lunch will be on your own. After lunch visit the Hive Winery, a small "boutique" winery specializing in premium "non-grape" fruit wines and wines (known as Meads and Melomels). Wine tasting and sales will be available. Cost of this trip is \$5. Sign-up now.

### Tuesday, May 27 - 10:00 Murray Cemetery Tour

The Murray Cemetery is one of the oldest cemeteries in Utah. With the first grave created in 1874, the cemetery includes 14,000 burials. Join Murray's Cultural Arts Specialist Mary Ann Kirk to learn about the history of and the different burial methods used in the cemetery and the historical building materials and artistic designs of the headstones. Listen as live storytellers share stories about some of the people buried in the Murray Cemetery.

The bus will depart the Center at **10:00 on Tuesday, May 27** and return about 11:30 A.M. Cost is \$5 and you can sign up for this trip on May 7.

### Tuesday, May 13 - 9:00 Kingsbury Hall

Travel with us to Kingsbury Hall's annual dance and music cultural celebration that starts in Kingsbury Hall and ends with a picnic on Presidents Circle.

The bus departs the Center on **Tuesday, May 13 at 9:00** for the 10:00 performance. Cost is \$7 which includes a sack lunch and sign-ups begin April 30.

### Space still available for Tuacahn June 9-11

A chartered bus will depart from the Heritage Center on **Monday, June 9 and return Wednesday, June 11**. Cost is \$230 per person (double occupancy). The group will spend two nights at the CasaBlanca Hotel in Mesquite, Nevada and enjoy The Wizard of Oz at the Tuacahn Amphitheatre. Full payment for all reservations must be received by Friday, May 9 at 4:00 PM.

### Thursday, June 19 - 8:30 Wendover

Travel to Wendover on **Thursday, June 19**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at 8:30 am and return at approximately 7:00 pm. You may sign up for this trip now.



### Tuesday, June 24 - 9:00 Living Planet Aquarium

Newly opened in a 166,000 square foot modern facility in March to record crowds, the Loveland Living Planet Aquarium houses nearly 2,500 animals and 450 species in four main exhibits, Ocean Explorer, Journey to South America, Discover Utah and Antarctic Adventure. Come and explore, discover and learn about Earth's diverse ecosystems.

The Center bus will leave at **9:00 on Tuesday, June 24** and return about 1:00. The cost is **\$15** and includes transportation and ticket. Lunch will be on your own at Café Avalon. You can register for this trip beginning on June 4.



Please share ideas with Wayne on possible locations for summer day trips.

**The Heritage bus is only a 20 passenger—each person may register for him/herself and no more than one other person for each trip. Trips are popular so they fill up quickly.**

## Utah Festival Opera — July 16-18

Travel to Logan to watch presentations of Les Miserables, The Student Prince and Oklahoma!.

The Center's bus will depart on **Wed., July 16 and return on Fri., July 18.**

Rooms are reserved at the Utah State University Inn. Cost is **\$250** (double occupancy) or **\$325** (single occupancy) for transportation, 2 nights lodging, continental breakfast at the Hotel, community tours, and 3 plays. Seating is limited to 20 participants. You may register for this trip beginning **May 14**. A \$50 deposit is required for each participant to register for the trip or you may pay the entire amount at that time. Full payment for all reservations must be received before **Friday, June 6 at 4:00**. Travelers may register for themselves and one other person. Credit cards are accepted for in person or phone reservations.



## Shakespeare Festival — August 25-27

William Shakespeare once wrote, "The Play is the Thing!" Cedar City has "the Play" covered. Join us as we visit the Tony Award winning Utah Shakespeare Festival, **August 25-27**. This year we will be taking a commercial bus (50 passenger) and seeing three plays of your choice.

The cost is **\$300** per person (double occupancy) and **\$365** (single room) and will stay two nights in the Abbey Inn, dinners at Rusty's and Milt's and 3 plays of your choice (more details will be available in the June supplement). Registration begins **June 18**. A \$50 deposit is required for each participant to register for the trip or you may pay the entire amount at that time. Full payment for all reservations must be received before **Friday, July 25 at 4:00 PM**. Travelers may register for themselves and one other person.



OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN

## Thursday Evening: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

### Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$4 per person. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In March and April our sponsors were

Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Abeeda Hajwanie and Tony Summerhays.

### Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **May 8 and June 12 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in Remote control Flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

### Jam Session



The Center sponsors a music "Jam" session for interested musicians on the **second Thursday** from **3:30-5:00**. Bring your instrument on **Thursday, May 18 or June 12** and be ready to Jam!



# Salzburger Echo Presents

*Presents*

## Spectacular Europe

September 25 – October 5, 2014

**\$3,935 Per Person, Double Occupancy From Salt Lake City**

*Join Salzburger Echo and other U.S. and International bands for performances at our Polka and Folklore Music Festival in Seefeld, Austria!*



This is an exclusive travel program offered by Salzburger Echo and InterTrav

The Salzburger Echo Band has performed at the Heritage Center for over 20 years.

Join us for a fun adventure! Call Tony Brazelton at 801-943-2480

OR For More Information go to: [www.salzburgerecho.com](http://www.salzburgerecho.com)



# May 2014

## Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a \*special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich, salad or soup option.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>CHICKEN FRIED STEAK</b> Mashed Potatoes and Gravy, Veggies Oreo Cheesecake Bars or Fruit	<b>2</b> <b>THAI CHICKEN AND SHRIMP OVER RICE</b> Green Salad Salted Mocha Cookies or Fruit
<b>5</b> <b>NO LUNCH</b>	<b>6</b> <b>* MOTHER'S DAY TEA - \$6.50</b>  Check for availability advance tickets required	<b>7</b> <b>FRENCH DIP SANDWICH</b> Au Jus Roasted Veggies Birthday Cake and Ice Cream or Fruit	<b>8</b> <b>PORK LETTUCE WRAP</b> Tangled Noodle Salad Berry Pavlova or Fruit	<b>9</b> <b>PASTA CARBONARA</b> Caesar Salad Breadstick Cherry Fluff or Fruit
<b>12</b> <b>NO LUNCH</b>	<b>13</b> <b>CHINESE LEMON CHICKEN</b> Fried Rice Pie or Fruit	<b>14</b> <b>PULLED PORK SANDWICH</b> Slaw Toffee Apple Cake or Fruit	<b>15</b> <b>TEX-MEX CASSEROLE</b> Cilantro Salad Peach Pound Cake or Fruit	<b>16</b> <b>DIJON ONION CHICKEN</b> Baked Potato Veggies Cookie Brownie Bars or Fruit
<b>19</b> <b>NO LUNCH</b>	<b>20</b> <b>SPAGHETTI BOLOGNESE</b> Green Salad Breadstick Tiramisu or Fruit	<b>21</b> <b>MUSTARD SALMON</b> Roasted Potatoes Carrots Scotcheroos or Fruit	<b>22</b> <b>TORTILLA CHICKEN</b> Cilantro Rice Broccoli Lemonade Cake or Fruit	<b>23</b> <b>POT ROAST</b> Mashed Potatoes and Gravy Peas Sundaes or Fruit
<b>26</b> <b>NO LUNCH</b>	<b>27</b> <b>BARBACOA TOSTADAS</b> Slaw Chocolate Cherry Cookies or Fruit	<b>28</b> <b>*FITNESS DAY - \$1</b> Turkey/Provolone Sandwich, Baked Chips, Fresh Fruit Cup, Mini Cookie Thank you SelectHealth	<b>29</b> <b>GREEK CHICKEN W/ YOGURT SAUCE</b> Lemon Rice Greek Salad Squirrel Cake or Fruit	<b>30</b> <b>PARMESAN PORK LOIN</b> French Onion Pasta Veggies Blueberry Cookie or Fruit

# June 2014

## Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a \*special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich, salad or soup option.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>NO LUNCH</b>	3 <b>TUNA MELT</b> Spinach Apple Salad Snickers Brownie or Fruit	4 <b>HONEY CHIPOTLE CHICKEN</b> Southwest Mac & Cheese, Veggies Birthday Cake and Ice Cream or Fruit	5 <b>HOISIN PORK STIRFRY</b> Ginger Sesame Salad Raspberry Banana Napoleon or Fruit	6 <b>RICOTTA MEAT-BALLS</b> Pasta Caesar Salad Rocky Road Cookies or Fruit
9 <b>NO LUNCH</b>  7:00 pm <b>Family Concert</b> <b>Red Desert Ramblers</b>	10 <b>PESTO CHICKEN PARMESAN</b> Gnocchi Roasted Veggies Texas Sheet Cake or Fruit	11 <b>HONEY BUTTER PORK LOIN</b> Hashbrown Casse- role Broccoli Oreo Fluff or Fruit	12 <b>PHILLY CHEES-ESTEAKS</b> Macaroni Salad Island Almond Cake or Fruit	13 <b>APRICOT CHICK-EN</b> Roasted Potatoes Veggies Banana Caramel Cupcakes or Fruit
16 <b>Brunch Café</b> <b>10:00 – 12:00</b>	17 <b>LEMON GARLIC FETTUCCINE</b> Pea Salad Donut Bread Pud- ding or Fruit	18 <b>MEATLOAF</b> Mashed Potatoes & Gravy, Green Beans Strawberry Short- cake Cookie or Fruit	19 <b>CHICKEN CLUB SANDWICH</b> Potato Salad Toffee Peanut Butter Cookie or Fruit	20 <b>VIETNAMESE GRILLED PORK</b> Spicy Noodles Veggies Caramel Cookie Bars or Fruit
23 <b>Brunch Café</b> <b>10:00 – 12:00</b>	24 <b>BLT SANDWICH</b> Spinach Salad Spumoni Cupcakes or Fruit	25 <b>SPINACH ARTI-CHOKE PASTA</b> Veggies Breadstick Salted Caramel Cake or Fruit	26 <b>BEEF ENCHILA-DAS</b> Green Salad Apple Fritter Cake or Fruit	27 <b>LEMON DILL SALMON</b> Baked Potato Carrots Brown Sugar Pound Cake or Fruit
30 <b>Brunch Café</b> <b>10:00 – 12:00</b>	<p><b>Don't forget – Heritage Fundraiser Saturday, June 21</b>  <b>Yard Sale &amp; Car Show</b>  <b>\$2 Pancake Breakfast – 8:00-10:30</b>  <b>\$2 Hotdog Lunch – 10:30-1:00</b>  <b>No reservations needed</b></p> 